

# JOIN DOVER NH

WHIM is a FREE, peer-driven program that provides the tools for increasing quality of life and promoting wellness in individuals living with physical disability through innovative upper-body exercise and peer support within their own community.

All levels of ability are welcome!

## Fall 2015 Schedule – Starting September 10<sup>th</sup>

Day	Time	Location	Address
<b>Thursdays ONGOING</b>	12:30pm – 2pm	<b>St. Joseph's Parish of Assumption</b>	150 Central Avenue <b>Dover, NH</b>

*Mind*

*Friendship*

*Body*

*Strength*

*Spirit*

*Community*



For information about the WHIM program please contact us  
at [whim4wellness@gmail.com](mailto:whim4wellness@gmail.com) or (603) 938-2562 and  
visit [www.sheinh.org](http://www.sheinh.org) or find us on Facebook: Wheelchair Health In Motion

*WHIM is a program of Sunset Hill Educational Institute*